

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
IGS-5683

Retain This  
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Reference

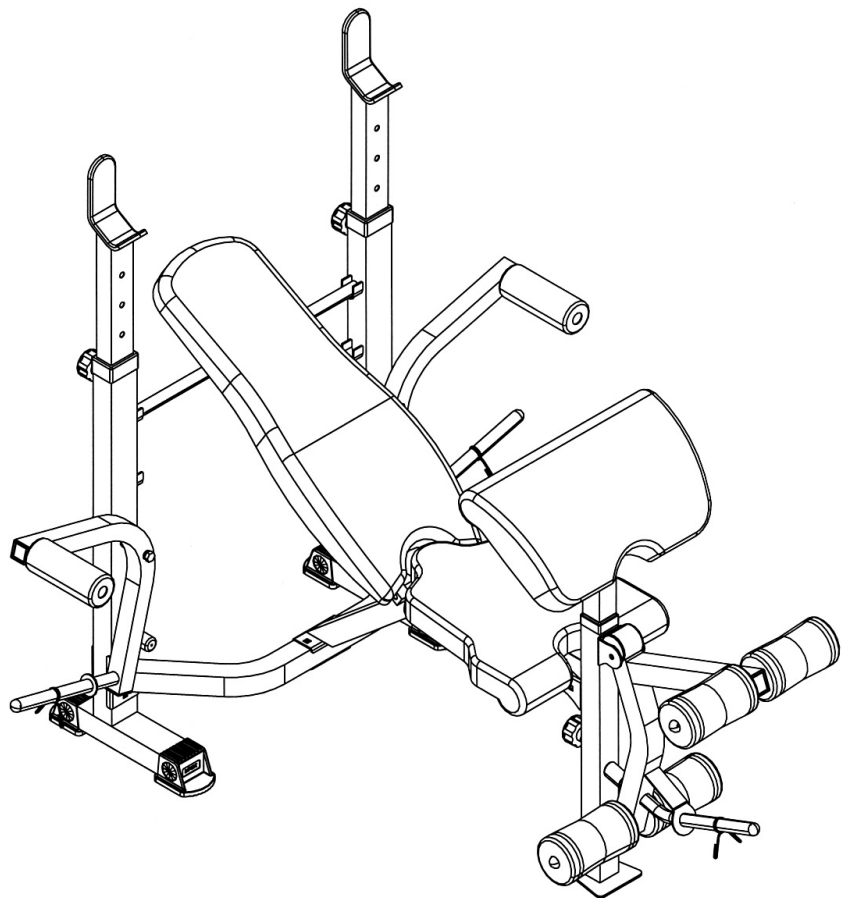
07-14-06

OWNER'S  
MANUAL

# IMPEX

## IRON GRIP STRENGTH Standard Bench

### IGS-5683



**IMPEX® INC.**

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## BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP STRENGTH Standard Bench IGS-5683 by IMPEX<sup>®</sup> INC. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

**Toll-Free Customer Service Number**

**1-800-999-8899**

**Mon. - Fri. 9 a.m. - 5 p.m. PST**

**[www.impex-fitness.com](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

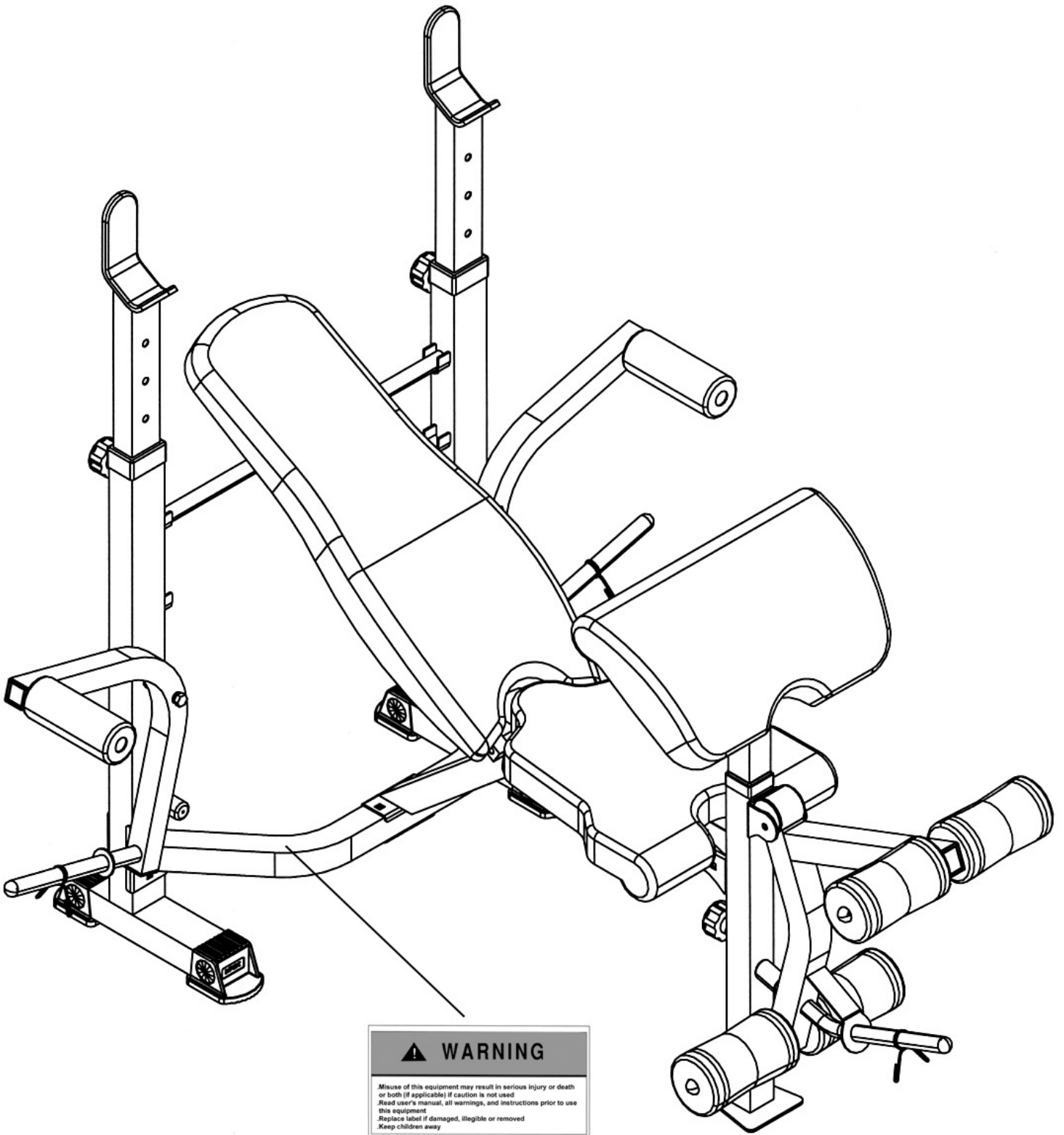
## **CARE AND MAINTENANCE**

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Maximum weight capacity 300 lbs. on the uprights.
4. Maximum weight capacity 100 lbs. on the butterflies.
5. Maximum weight capacity 100 lbs. on the leg developer.
6. Maximum weight capacity 100 lbs. on the arm curl.
7. Maximum user's weight: 300 lbs.

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

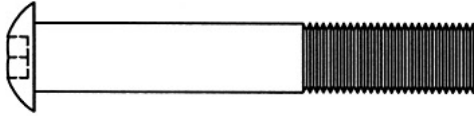
**SAVE THESE INSTRUCTIONS.**

# WARNING LABEL PLACEMENT



The Warning Label shown here has been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

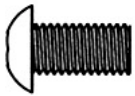
# HARDWARE PACK



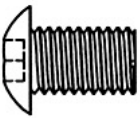
#46 M10 x 2 1/2" Allen Bolt (Qty 2)



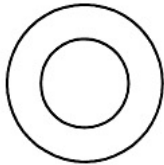
#49 M8 x 1 5/8" Allen Bolt (Qty 8)



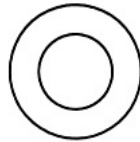
#48 M8 x 5/8" Allen Bolt (Qty 2)



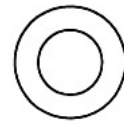
#47 M10 x 5/8" Allen Bolt (Qty 2)



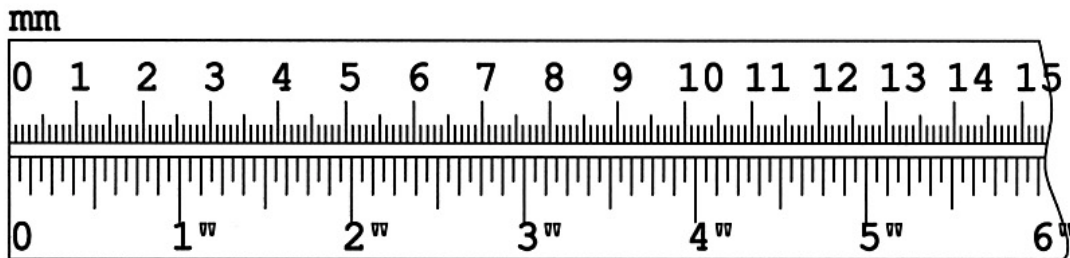
#40 Ø1" Washer  
(Qty 2)



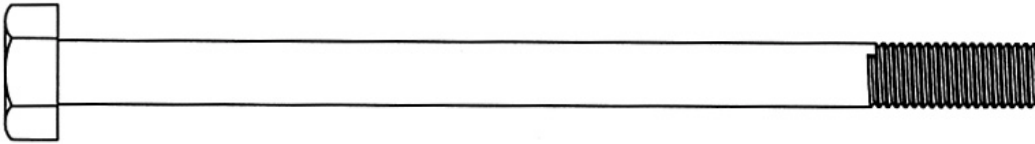
#39 Ø3/4" Washer  
(Qty 14)



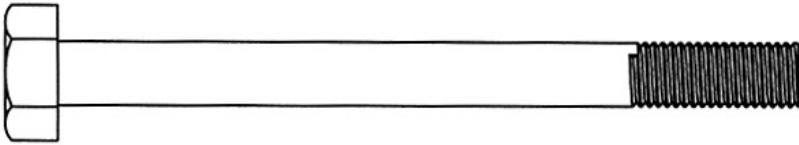
#38 Ø5/8" Washer  
(Qty 10)



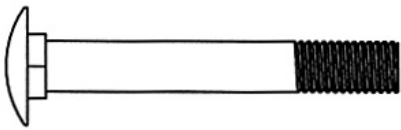
# HARDWARE PACK



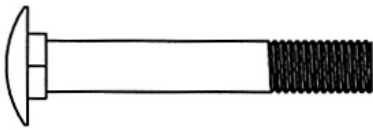
#44 M12 x 7 1/4" Hex Bolt (Qty 1)



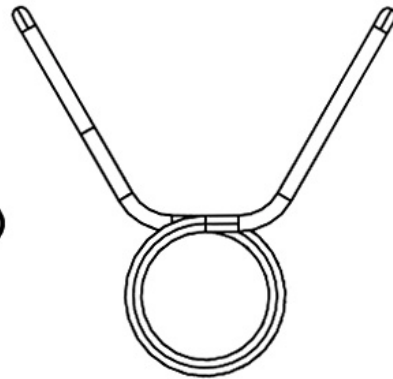
#45 M12 x 5 1/2" Hex Bolt (Qty 2)



#43 M10 x 2 3/4" Carriage Bolt (Qty 4)



#42 M10 x 2 1/2" Carriage Bolt (Qty 4)



#24 Spring Clip (Qty 3)



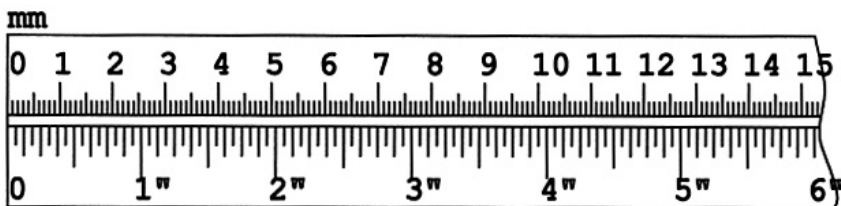
#50 M10 Aircraft Nut (Qty 10)



#41 M12 Regular Nut (Qty 2)



#51 M12 Aircraft Nut (Qty 1)



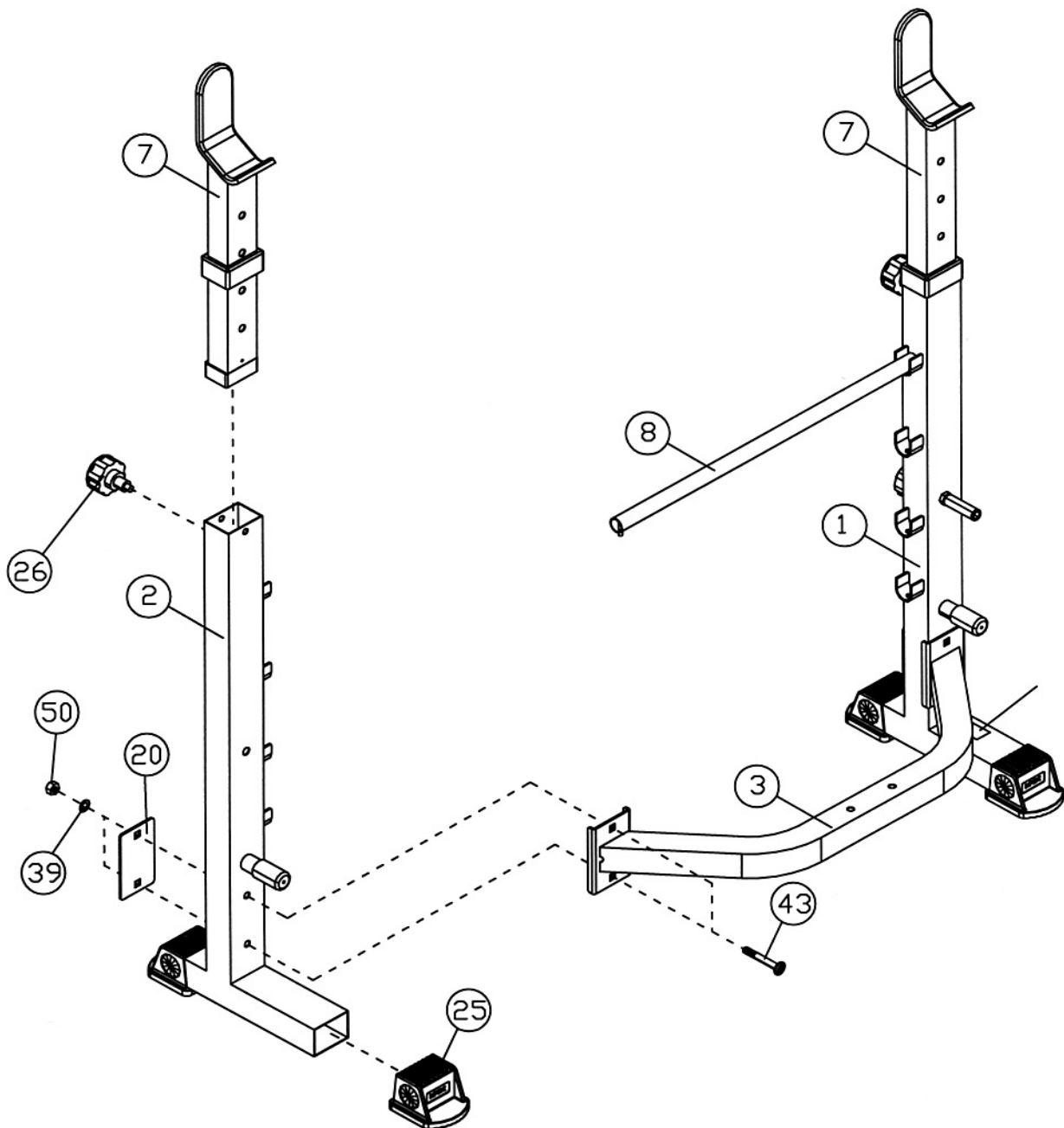
# ASSEMBLY INSTRUCTION

**Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.**

## STEP 1 (See Diagram 1)

- A.) Connect the Left & Right Upright Beams (#1 & 2) by a Cross Brace (#3) in the mid-span. Align the holes and secure each end of the Cross Brace with one 4 3/4" x 2 3/4" Bracket (#20), two M10 x 2 3/4" Carriage Bolts (#43), two Ø 3/4" Washers (#39), and two M10 Aircraft Nuts (#50).
- B.) Place Backrest Adjustment Bar (#8) between the two Upright Beams.
- C.) Insert two Crutches (#7) into the top openings on the Upright Beams. Secure them with two M18 Lock Knobs (#26) through selected holes to obtain desired height of the Supports.
- D.) Push four 2 3/4" x 2" End Caps (#25) onto the ends of the two Upright Beams.

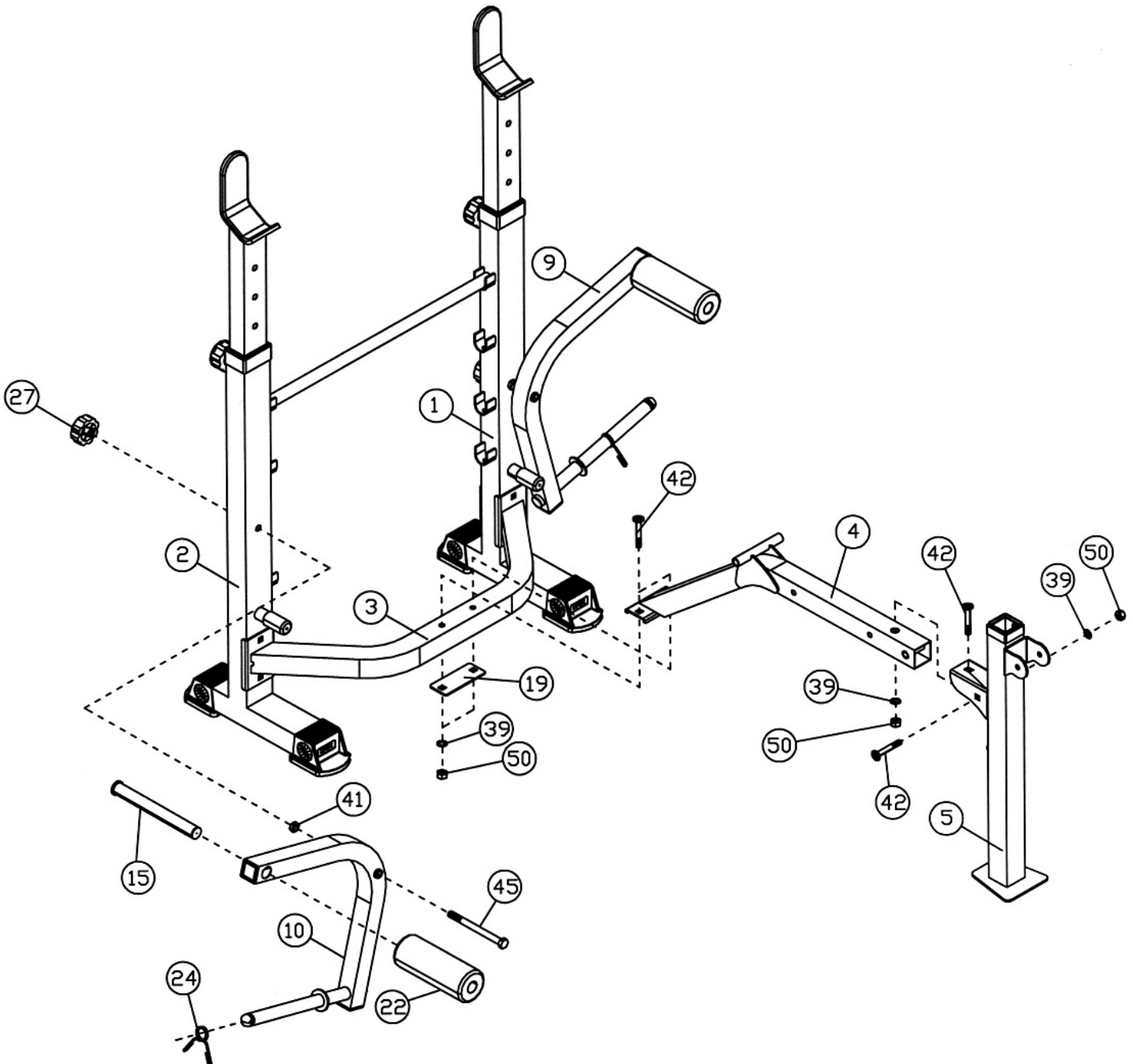
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach Main Seat Support (#4) to the Cross Brace (#3). Secure it with a 4 3/8" x 1 3/4" Bracket (#19), two M10 x 2 1/2" Carriage Bolts (#42), two  $\varnothing$  3/4" Washers (#39), and two M10 Aircraft Nuts (#50).
- B.) Attach the Leg Developer Holder (#5) to the Main Seat Support (#4). Secure it with two M10 x 2 1/2" Carriage Bolts (#42),  $\varnothing$  3/4" Washers (#39), and M10 Aircraft Nuts (#50).
- C.) Insert a M12 x 5 1/2" Hex Bolt (#45) through the hole on the Right Butterfly (#10). Secure the Bolt with a M12 Regular Nut (#41). Insert the Bolt through the hole on the Right Upright Beam (#2) and secure with a M12 Lock Knob (#27).
- D.) Insert a Butterfly Handle (#15) through the hole on the Right Butterfly from the rear. Push a  $\varnothing$  2 3/4" Foam Roll (#22) onto the Handle. Attach a Spring Clip (#24) to the weight post on the Right Butterfly.
- E.) Repeat the Procedures C, D, and E above to install the Left Butterfly (#9).

### DIAGRAM 2

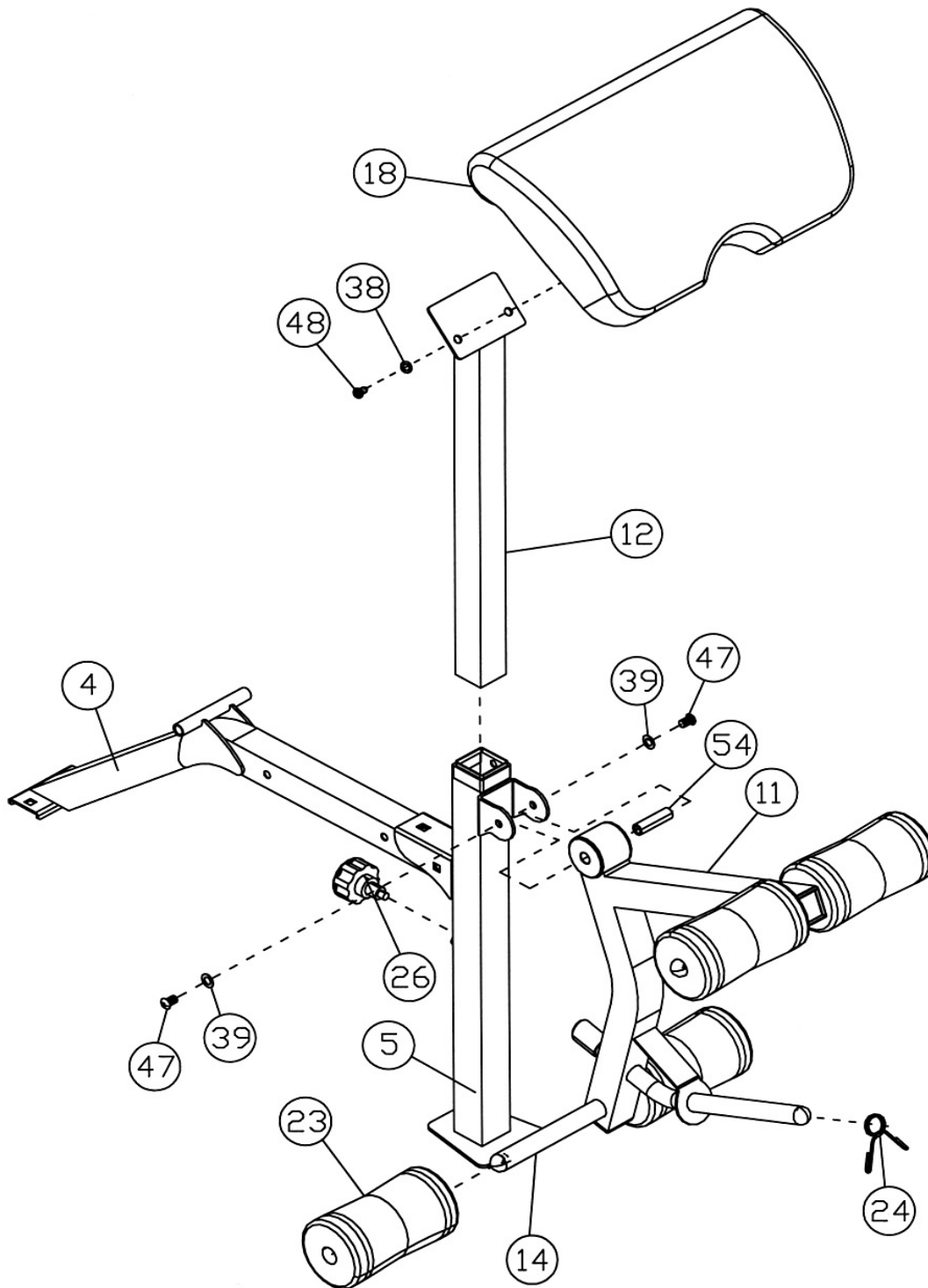




### STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#11) to the Leg Developer Holder (#5). Secure it with an Axle (#54), two M10 x 5/8" Allen Bolts (#47), and two  $\varnothing$  3/4" Washers (#39).
- B.) Insert two Foam Tubes (#14) halfway through the holes on the Leg Developer. Push four  $\varnothing$  4" Foam Rolls (#23) onto the Tubes from both ends.
- C.) Attach a Spring Clip (#24) onto the weight post on the Leg Developer.
- D.) Attach the Arm Curl Pad (#18) to the Arm Curl Stand (#12). Secure it with two M8 x 5/8" Allen Bolts (#48) and  $\varnothing$  5/8" Washers (#38).
- E.) Insert the Arm Curl Stand into the opening on the Leg Developer Holder. Secure it with a M18 Lock Knob (#26) through a selected hole to obtain the desired height for Arm Curl exercise.

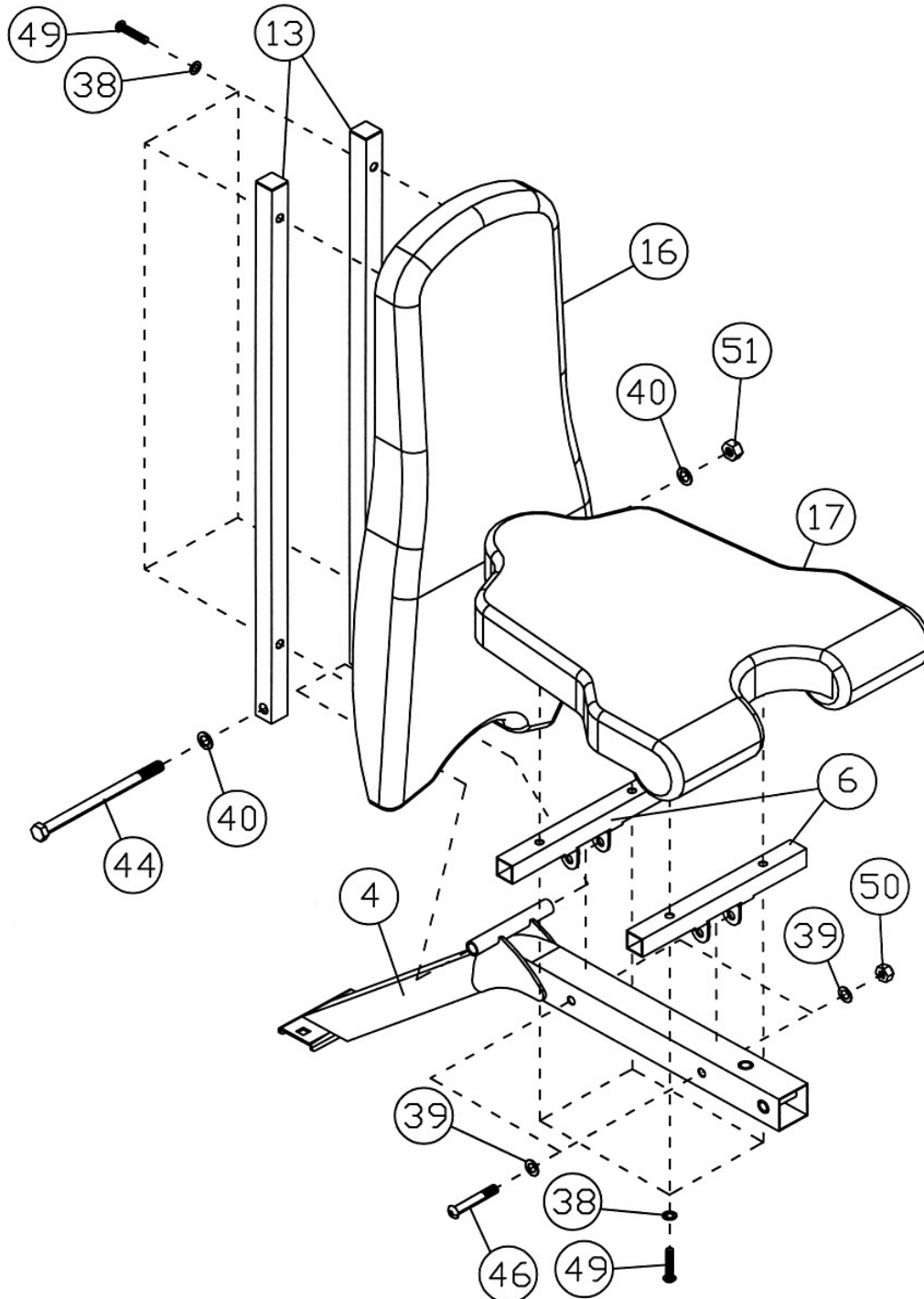
**DIAGRAM 3**



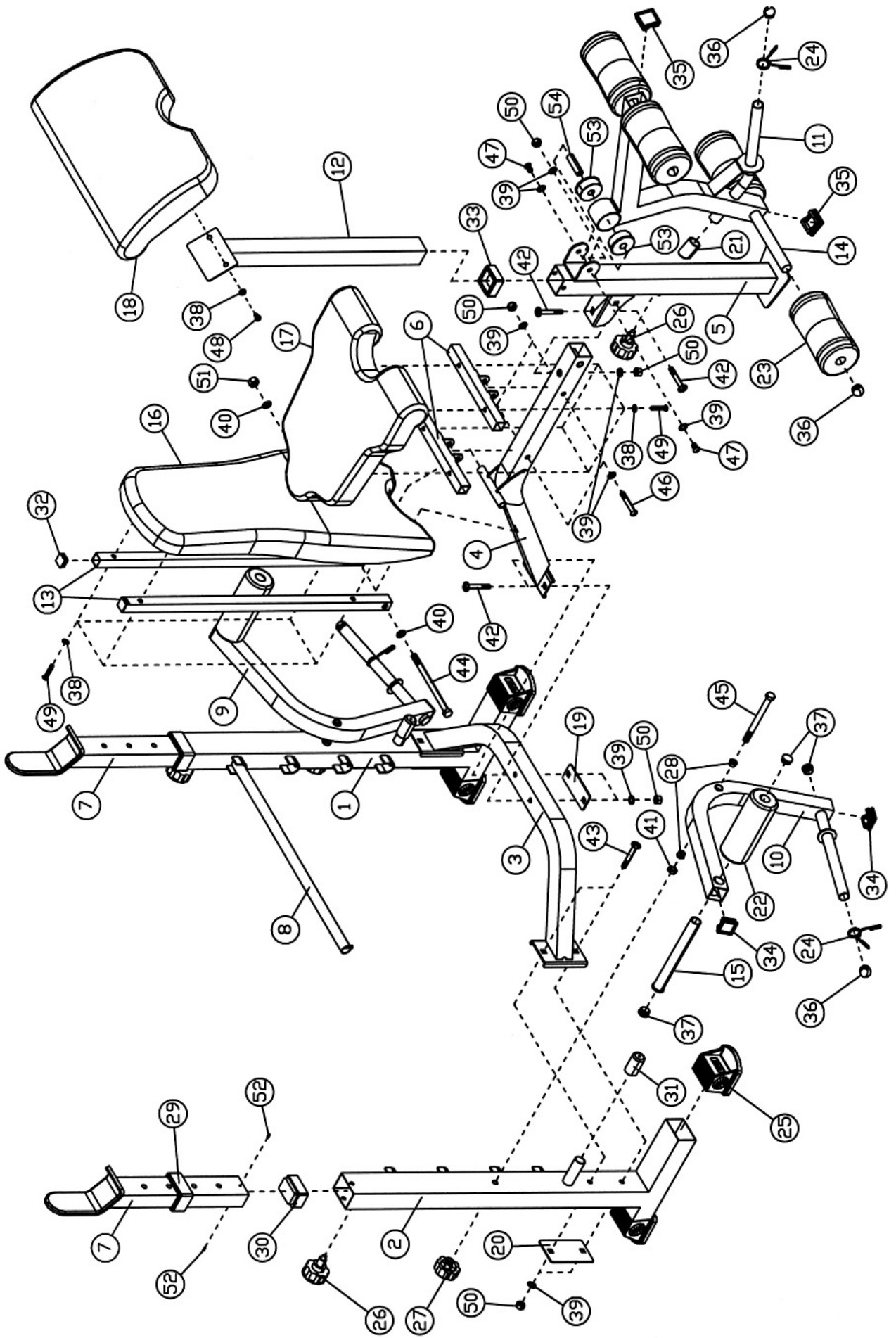
#### STEP 4 (See Diagram 4)

- A.) Attach the two side-holes on the two Backrest Supports (#13) to the pivot on the Main Seat Support (#4). Align the holes and secure it with one M12 x 7 1/4" Hex Bolt (#44), two Ø 1" Washers (#40), and one M12 Aircraft Nut (#51).
- B.) Place the Backrest Board (#16) onto the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#49) and Ø 5/8" Washers (#38).
- C.) Attach the Seat (#17) to the two Seat Brackets (#6) and secure with four M8 x 1 5/8" Allen Bolts (#49) and Ø 5/8" Washers (#38).
- D.) Place the Seat Brackets onto the Main Seat Support (#4). Align the holes and secure each Seat Bracket to the Main Seat Support with one M10 x 2 1/2" Allen Bolt (#46), two Ø 3/4" Washers (#39), and one M10 Aircraft Nut (#50).

**DIAGRAM 4**



# EXPLODED DIAGRAM



# PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Left Upright Beam	1
2	Right Upright Beam	1
3	Cross Brace	1
4	Main Seat Support	1
5	Leg Developer Holder	1
6	Seat Bracket	2
7	Crutch	2
8	Backrest Adjustment Bar	1
9	Left Butterfly	1
10	Right Butterfly	1
11	Leg Developer	1
12	Arm Curl Stand	1
13	Backrest Support	2
14	Foam Tube	2
15	Butterfly Handle	2
16	Backrest Board	1
17	Seat	1
18	Arm Curl Pad	1
19	4 3/8" x 1 3/4" Bracket	1
20	4 3/4" x 2 3/4" Bracket	2
21	Ø 1 1/4" Rubber Bumper	1
22	Ø 2 3/4" Foam Roll	2
23	Ø 4" Foam Roll	4
24	Spring Clip	3
25	2 3/4" x 2" End Cap	4
26	M18 Lock Knob	3
27	M12 Lock Knob	2
28	Ø 5/8" Bushing	4
29	Upright Beam Sleeve	2
30	Inner Cap	2
31	Ø 1 1/2" x 2" Rubber Bumper	2
32	1" Square End Cap	2
33	2" Sleeve	1
34	1 1/2" Square End Cap	4
35	1 3/4" Square End Cap	2
36	Ø 1" Cone-shaped End Cap	7
37	Ø 1" End Cap	6
38	Ø 5/8" Washer	10
39	Ø 3/4" Washer	14
40	Ø 1" Washer	2
41	M12 Regular Nut	2
42	M10 x 2 1/2" Carriage Bolt	4
43	M10 x 2 3/4" Carriage Bolt	4
44	M12 x 7 1/4" Hex Bolt	1
45	M12 x 5 1/2" Hex Bolt	2
46	M10 x 2 1/2" Allen Bolt	2
47	M10 x 5/8" Allen Bolt	2
48	M8 x 5/8" Allen Bolt	2
49	M8 x 1 5/8" Allen Bolt	8
50	M10 Aircraft Nut	10
51	M12 Aircraft Nut	1
52	ST2 Philips Screw	4
53	Bushing	2
54	Axle	1

# IMPEX<sup>®</sup> INC.

## LIMITED WARRANTY

IMPEX Inc. ("IMPEX<sup>®</sup>") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line at [www.impex-fitness.com](http://www.impex-fitness.com)

IMPEX<sup>®</sup> INC.  
14777 Don Julian  
City of Industry, CA 91746

### **ORDERING REPLACEMENT PARTS**

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.  
**info@impex-fitness.com**

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase